



Silk Road Cooking: A Vegetarian Journey

By Najmieh Batmanglij

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Silk Road Cooking: A Vegetarian Journey By Najmieh Batmanglij

This book is at once an exploration, a celebration, and a little-known tale of unity. It presents 150 delicious vegetarian dishes that together trace a fascinating story of culinary linkage. As renowned cookbook writer and teacher Najmieh Batmanglij explains, all have their origins along the ancient network of trade routes known as the Silk Road, stretching from China in the east to the Mediterranean in the west. On this highway moved not just trade goods but also ideas, customs, tastes and such basics of life as cooking ingredients. The result was the connecting and enrichment of dozens of cuisines. In *Silk Road Cooking: A Vegetarian Journey*, Najmieh Batmanglij recounts that process and brings it into the modern kitchen in the form of recipes that are venturesome and yet within reach of any cook. They are intended for vegetarian, partial-vegetarian and non-vegetarian alike--anyone who is looking for balanced, unusual and exceptionally tasty dishes. The book offers a wealth of information derived from the author's extensive research and her travels along the Silk Road during the past 30 years. She complements the recipes with stories, pictures, histories of ingredients, and words of wisdom from her favorite poets and writers of the region. The scope of her culinary journey of discovery is vast--from Xian in China, to Samarkand in present-day Uzbekistan, to Isfahan in Iran, to Istanbul in Turkey, and to the westernmost terminus of the ancient trade routes in Italy. Her recipes all of them personal favorites include such exotic yet simple fare as Sichuan Crispy Cucumber Pickles; Afghan Boulani, a savory pastry stuffed with garlic chives; Persian Pomegranate and Walnut Salad; Kermani Pistachio and Saffron Polow with Rose Petals; Chinese Hot and Sour Tofu Noodle Soup; Turkish Almond and Rice Flour Pudding; Uzbek Candied Quince with Walnuts; and Sicilian Sour Cherry Crostata. Fortunately, all the ingredients for these recipes can be obtained at local supermarkets and farmers markets. In recent years America has become a kind of modern Silk Road, where wonderful ingredients from all over the world are available to everyone.

Contents Introduction: A Traveler's Tale; The Era of Caravans; New Foods East & West.

Toward a Silk Road Cuisine: Salads; Soups; Eggs; Rice; Fruit & Vegetable Braise; Pasta, Pizza & Bread; Pastries, Desserts & Candies; Teas, Coffee & Sherbets; Preserves, Pickles & Spices.

Silk Road Glossary & Resource;
Credits & Acknowledgments.

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Editorial Review

From Library Journal

Iranian-born Batmanglij, author of several other books on Persian food, has spent a good part of the last 25 years traveling the ancient "Silk Road," the spice and trade route from China through the Middle East to Italy. Because of economic realities, the fare native to those countries has been vegetable-based, so Batmanglij concentrates on that here, though her book will certainly appeal to nonvegetarians as well. She presents diverse and wide-ranging recipes, both familiar and exotic, from Alexandrian Spicy Fava Bean Spread to Afghan Garlic Chive Ravioli, among many others, set against a background of culinary and cultural history. More than 250 color photographs, including some great portraits of people whom Batmanglij met in her travels, furnish additional context. Strongly recommended.

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Review

"One of the ten best vegetarian cookbooks of the year" -- *The New York Times*

Batmanglij speaks with the confidence of someone who grew up with Silk Road cooking -- *The Washington Post*

Cooking [Batmanglij] says is all about sharing...She lives and works by this creed -- *Smithsonian Magazine*

Presents diverse and wide-ranging recipes both familiar and exotic. Set against a background of culinary and cultural history. Strongly recommended. --*Library Journal*

Like a good novel -- once you start it's hard to put down. It is ideal for those who like to read cookbooks as much as cook from them....The recipes also pack a punch...I felt a genuine thrill as I cut into the golden dome of phyllo encasing a filling of vermicelli and rice flecked with apricots, almonds and raisins and seasoned with cinnamon, cardamom and rose water. ---- *New York Times*

Offers armchair travelers and adventurers alike a delectable voyage of discovery into ancient eating habits and history... The recipes' fragrant mixtures of tastes and textures are tempting even to read...The pages are filled with discoveries that resonate in contemporary cooking, and enhance our understanding of cultural differences and similarities that bind us together by way of the food we eat. ---- Associated Press

From the Publisher

This is the second edition of the book with the stories translated directly from the original poem.

Users Review

From reader reviews:

Rodney Schmitt:

Reading a e-book tends to be new life style in this era globalization. With examining you can get a lot of information that can give you benefit in your life. With book everyone in this world can share their idea.

Books can also inspire a lot of people. Many author can inspire their very own reader with their story or perhaps their experience. Not only the story that share in the textbooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some investigation before they write to their book. One of them is this Silk Road Cooking: A Vegetarian Journey.

John Hickman:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Silk Road Cooking: A Vegetarian Journey can be very good book to read. May be it could be best activity to you.

Donald Murphy:

This Silk Road Cooking: A Vegetarian Journey is great publication for you because the content which is full of information for you who always deal with world and possess to make decision every minute. This particular book reveal it data accurately using great manage word or we can claim no rambling sentences inside it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but difficult core information with splendid delivering sentences. Having Silk Road Cooking: A Vegetarian Journey in your hand like obtaining the world in your arm, data in it is not ridiculous one. We can say that no e-book that offer you world in ten or fifteen second right but this publication already do that. So , this is good reading book. Hey Mr. and Mrs. occupied do you still doubt which?

Paula Mayo:

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